

Quick Reads

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See you at the fair

Look and listen for IDPH at the [Iowa State Fair](#) this week. Special public health messages will be broadcast on DART shuttle buses to and from the fair, focusing on [Your Life Iowa](#), [Stop the Bleed](#), [Smoke Free Homes](#) and the [1st Five program](#).

Additionally, look for decals around the fairgrounds featuring public health messages. With a potential audience of over one million people, the Iowa State Fair provides a unique opportunity to reach individuals with important public health information.

Governor's proclamations



Governor Reynolds signed two public health proclamations this month, recognizing August as Concussion Awareness month (above) and as Breastfeeding Month (below). IDPH and the Iowa Department of Education continue to bring information and tools to schools as they implement concussion management protocols for return-to-learn and return-to-play. According to the CDC, 81.5% of Iowa infants are breastfed at birth – just slightly below the Healthy People 2020 objective of 81.9%.



Congrats and kudos

Congratulations to the IDPH STD program, whose work was featured in a recent [Des Moines Register](#) article outlining the innovative ways disease intervention specialists perform partner notification and referral.



PHAB think tank

IDPH [Environmental Health Services](#) Bureau Chief Carmily Stone participated in a PHAB think tank May 21-22, 2019, to discuss updates in the practice of environmental public health that might result in recommended changes to the standards and measures for [Version 2.0](#). Items discussed included updated definitions; environmental public health workforce; food safety guidelines; and linkages between environmental public health and other areas of public health such as emergency preparedness and response; infectious and chronic disease surveillance; and the social determinants of health.



IDPH Environmental Health Services Bureau Chief Carmily Stone (first row, fourth from left).

Tracking program mentors

The [IDPH Tracking program](#) hosted staff from Tennessee's health department to detail the many aspects of Iowa's tracking program; demonstrate how IDPH processes, organizes and visualizes data; and offer advice on communicating with partners and the public. This successful mentorship is outlined in Tennessee's [Peer-to-Peer Fellowship Program Project Report](#) for ASTHO.

Screening partnership

The IDPH [Get Screened](#) colorectal cancer prevention program is again collaborating with Doll Distributing of Des Moines and Fahr Beverages, Inc. of Waterloo to distribute drink coasters promoting colorectal cancer screenings to all the bars and restaurants they serve in Iowa. The coasters feature a trivia question on one side and a humorous drawing on the other (example to the right).

IDPH spotlight: Disability and Health

Despite progress, Iowans with disabilities experience differences in health outcomes from those without disabilities; for example, Iowa adults with disabilities are more likely to be inactive (44.1% compared to 25.6%) and obese (45.1% compared to 27.3%) than adults without disabilities.

The [IDPH Disability and Health Surveillance](#) program works with a variety of partners and organizations to create communities that are more inclusive and offer more opportunities to improve the health of Iowans with a disability. The program assists organizations interested in assessing and improving accessibility by providing technical assistance and training on the [Community Health Inclusion Index](#).

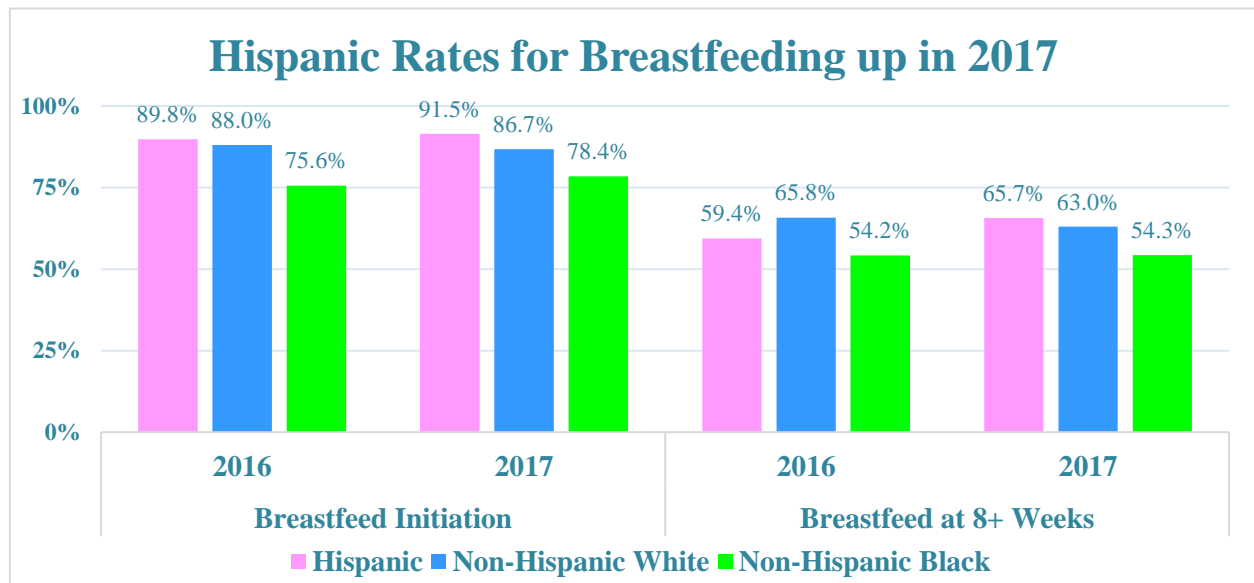
Partnerships, like that with the University of Iowa Center for Disabilities and Development, train students and new professionals involved in healthcare on strategies to improve the health and wellness of patients with disabilities.

One in 5 Iowans lives with disability. The Disability and Health program uses public and private partnerships to reduce the health risks and chronic conditions they may experience.



Monthly data snapshot

Data are essential to the practice of public health. Each month, Quick Reads highlights selected tidbits to help create awareness of IDPH data and epidemiology.



Data source: PRAMS (Pregnancy Risk Assessment Monitoring System)

Breastfeed initiation rates are highest among Iowa's Hispanic population, with 91.5% of mothers breastfeeding at birth in 2017. At 8 weeks, breastfeeding rates continued to be high within the Iowa Hispanic population, with 65.7% of mothers breastfeeding in 2017, showing the largest increase by sub-population over 2016 rates. The Centers for Disease Control and Prevention (CDC) and American Academy of Pediatrics recommend infants be exclusively breastfed for the first six months. Breastfeeding benefits both mother and baby. Infants who breastfeed have reduced risk of asthma, sudden infant death syndrome, ear and respiratory infections, obesity and type 2 diabetes. Mothers who breastfeed have reduced risk of breast and ovarian cancers, high blood pressure and type 2 diabetes. Hispanics are nearly twice as likely to have type 2 [diabetes](#) than non-Hispanic whites, and Hispanic children are more likely to be [overweight](#). Encouraging breastfeeding is an easy strategy to prevent disease and reduce health inequalities. August is National Breastfeeding Month, and September is National Hispanic Heritage Month. More information on breastfeeding can be found [here](#). Questions or comments about IDPH data can be sent [here](#).

Stay informed; share success

Contribute a news item or smart practice by [email](#). Get more IDPH news and information by subscription through [Granicus](#). For IDPH topics, scroll down to "Public Health, Iowa Department of."

Registration open

[Registration](#) for the 2019 Healthiest State Annual Walk is open. I will join staff again this year for the walk at the state capitol complex and I invite partners across the state to register their walks. This year's goal is 900 registered walks, so make plans to join Iowans across the state October 2 for 30 minutes of walking.

SAVE THE DATE

IOWA SENIOR HUNGER SUMMIT

9.11.19
GREATER DES MOINES BOTANICAL CENTER



- ☐ doctor bill
- ☐ health insurance bill
- ☐ rent
- ☐ electric bill
- ☐ water bill
- ☐ phone bill

if any money is left, buy groceries

No senior should have to worry about running out of food.

